



Mark D. Maxey

Mark strives for uniqueness in each line he pens. Through his writing, he deals with sensitive issues with directness and understanding. From light hearted to serious, his writing leads readers on a journey through an artist's mind. Along with his artistry, he is a brilliant organizer and dedicated friend. His words will take you into a strong heart and a deliberate mind.
-stated by John W. Reagor, Jr.

Excerpt From "Meditation Handbook"

I know that when one dedicates themselves to these practices your life changes. Many positive attributes are fruits of this practice. With any practice the roots are embedded in religious traditions. You may even be surprised to see that even in the Judeo Christian tradition meditation has a rich history. For many the roots are the essential foundation upon which Buddhism is based. From there it flowed into Hinduism, Sufism, and other Eastern traditions.

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Meditation Handbook

A Concise History and Instruction



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